WellNEWS

From the Arizona
Department of
Administration
Human Resources,
Benefit Options
Wellness Program

Healthy Holidays

The holidays are just around the corner, which means lots of family, fun,... FOOD and STRESS! But it doesn't have to mean extra pounds and splitting headaches. Even holiday treats can fit into a healthy eating plan, and prevention can reduce stress. The keys are moderation and relaxation.



Let the holiday spirit move you!

To avoid holiday weight gain, balance the calories you consume with the

calories you burn. Physical activity and moderate food choices will help. The tips below are gifts you can give yourself and your family to maintain a healthy lifestyle. If you make your family time active, you will become healthier and have fun doing so. Be adventurous and try something new, but also choose something you enjoy.

- Stick to your regular exercise routine as much as possible. Especially during the holidays, plan your physical activity routine in advance. Mark it on the calendar and consider it as important as any other appointment. Get at least 30 minutes of moderate intensity physical activity daily, and more if possible.
- Make a new holiday tradition. Take a brisk walk around the neighborhood to see the holiday decorations or grab your bike or walking shoes and head out to the nearest trails or national park. Enjoy Arizona's break from the heat.
- Play some backyard football or Frisbee with children and adults before the big holiday dinner or during football half-time.
- Check out "Zoo Lights" for some family fun.
- Make a New Year's resolution with friends to start a daily walking group or any other healthy lifestyle choice.

Holidays the Healthy Way

The holidays are a great time to enjoy a colorful variety of fruits and vegetables and new leftover recipes.....

- Bowls of fresh fruit are a festive and sweet substitute for candy or chocolates
- Try the leftover turkey salad! Add a few pieces of turkey to a generous portion of mixed greens, cucumbers, mushrooms, peppers, or any other vegetables you like. Top with a light vinaigrette.

Try to be a health-conscious hostess/host...

• Set out bite-sized, healthy snacks such as popcorn, raisins or nuts in brandy snifters. That way your guests won't be tempted to keep reaching for the snacks – they will have to pour them onto a plate.

Holiday parties are for celebration and conversation....

• Don't starve yourself the day of the party so you can fill up on food that evening. If you eat normally throughout the day, you're much less likely to overeat at the party.

Be selective this season...

- Don't load up at the buffet table. Keep portion sizes small by putting your snacks on a small plate instead of a large one and limiting your trips to the buffet.
- Wait 20 minutes before getting another plate from the buffet. Most likely you will feel full and not need the additional food.





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wellness information

Beat the Stress: 6 strategies for holiday stress

When stress is at its peak, it's hard to stop and regroup. Take steps to help prevent holiday stress before it is upon you.

Be realistic. As families change and grow, traditions often change as well. Hold on to those you can, if you want to. But understand that in some cases that may no longer be possible. Perhaps your entire extended family can't gather together at your house. Instead, find new ways to celebrate together from afar, such as sharing pictures, e-mails or videotapes.

Stick to a budget. Before you go shopping, decide how much money you can afford to spend on gifts and other items. Then be sure to stick to your budget. If you don't, you could feel anxious and tense for months afterward as you struggle to pay the bills. Try donating to a charity in someone's name, give homemade gifts or start a family gift

Learn to say no. Believe it or not, people will understand if you can't do certain projects or activities. If you say yes only to what you really want to do, you'll avoid feeling resentful and overwhelmed.

exchange.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make one big food-shopping trip. That'll help prevent a last-minute scramble to buy forgotten ingredients — and you'll have time to make another pie if the first one's a flop. Allow extra time for travel so that

Take a breather. While you may not have time every day for a silent night, make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Steal away to a quiet place, even if it's the bathroom, for a few moments of solitude. Listen to soothing music. Find

something that clears your mind, slows your breathing and restores your calm.



Don't abandon healthy habits. Don't let the holidays become a dietary free-forall. Some indulgence is OK, but overindulgence may add to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and schedule time for physical activity.

Don't see anything scheduled in your area?

All of our events are requested by individuals at worksites. Most programs are available throughout

Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to learn "How To Request and Schedule Worksite Events."

Online Event



Request Form

Event requests are now submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

Mobile On-site Mammography

Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member service department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The M.O.M. van will be parked outside the following locations:

Phoenix— Thursday, November 16, 2006

Mini Health Screening at Work

All State employees are eligible to participate in mini health screenings. Confidential results will be mailed to your home.

These screenings are FREE, except where prices are indicated:

- Height & weight; blood pressure; and percent of body fat (body composition).
- Cholesterol (total panel) and blood sugar
 8-hour fasting is required for this
 blood draw.
- Free osteoporosis screening for women 40 and older. \$35 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$40 for men under age 40.

You will need your Employee Identification
Number (EIN) for this event

NO APPOINTMENT NEEDED!

Prescott — Thursday, November 2, 2006 8:00am-10:00am @ ADOT 6989 Second St.

If you are interested in scheduling a miniscreening at your worksite you can submit a request at: www.benefitoptions.az.gov/

Flu Shots — Phase Two Has Begun!

There are several options for participants to receive their flu shots:

- 1. State work-sites and regional events
- 2. Family days
- 3. Healthwaves public events
- 4. Other alternatives

**Flu shots provided through the Benefit Options Wellness are only approved for people 9 years or older. For children under 9 years contact your physician.



-Healthy holiday (cont. from page 1)

The season for stress.....no more!

For some people, the holidays bring an unwelcome guest — stress. And it's no wonder. In an effort to pull off a perfect Hallmark holiday, you might find yourself facing a dizzying array of demands — work, parties, shopping, baking, cleaning, caring for kids on school break, and scores of other chores. So much for peace and joy, right? Actually, with some practical tips, you can minimize the stress that often comes with the holidays.

The trigger points of holiday stress

Holiday stress is often the result of three main trigger points. Understanding these trigger points can help you plan ahead on how to accommodate them. Here are the big three!

Relationships. Relationships tensions are often heightened during the holidays. Family misunderstandings and conflict can intensify — especially if you're all thrust together for several days. Conflicts are bound to arise with so many needs and interests to accommodate.

Finances. Like your relationships, your financial situation can cause stress at any time of the year. Overspending during the holidays on gifts, travel, food and entertainment can increase stress as you try to make ends meet while ensuring that everyone on your shopping list is happy.

Physical demands. The strain of shopping, attending social gatherings and preparing holiday meals can wipe you out. Feeling exhausted can increase your stress, creating a vicious cycle. Exercise and sleep — good antidotes for stress and fatigue — may take a back seat to chores and errands. High demands, stress, lack of exercise, and overindulgence in food and drink — these are the ingredients for holiday illness.

Sources:

Mayo Clinic — <u>www.mayoclinic.com</u>

Center for Disease Control and Prevention — www.cdc.gov/ American Heart Association — www.americanheart.org/ presenter.jhtml?identifier=1200000

Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.

Check the <u>Wellness website</u> for events scheduled in your county.



National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite.



Quit for good

November is the annual "Great American Smoke-out" sponsored by the American Cancer Society. The idea is to get smokers to quit for at least one day, in hopes they will quit forever.



If you really want to quit smoking this time, try combining stop-smoking medications and nicotine replacement products with self-help strategies. A review of studies found that aids such as these can double your chance for success. You can use a drug such as bupropion, nicotine patches, gum or an inhaler, suggest researchers at the University of North Carolina at Chapel Hill in the *Annals of Internal Medicine*.



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Persons with a disability may request reasonable accommodation by contacting the ADOA Benefits Office.

Be Well Stay Well.